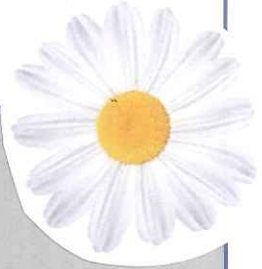


~ May 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	<b>2</b>
<b>3</b>	<b>4</b> 10:00 Pilates 11:15 Yoga 	<b>5</b> 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking *NEW* 1:00-2:00 MELT *NEW 3:00-4:00 Dance Free	<b>6</b> 8:15 Balletics 1:00 Mah Jong 	<b>7</b> 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Bridge	<b>8</b> 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	<b>9</b>
<b>10</b>	<b>11</b> 10:00 Pilates <b>10:30 Vineyard Isle Parkinsonians Support Group</b> 11:15 Yoga	<b>12</b> 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking <b>11:30-2:00 Blood Pressure Clinic</b> *NEW 3:00-4:00 Dance Free	<b>13</b> 8:15 Balletics 1:00 Mah Jong 	<b>14</b> 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Bridge	<b>15</b> 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	<b>16</b>
<b>17</b>	<b>18</b> 10:00 Pilates 11:15 Yoga *Pedi-Care Clinic* 508-693-2896 to sign up 	<b>19</b> 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking *NEW* 1:00-2:00 MELT 1:30 Better Business Bureau Presentation *NEW 3:00-4:00 Dance Free	<b>20</b> 8:15 Balletics 1:00 Mah Jong Falmouth Shopping Trip Public Health Nurse Patti Mello Legal Clinic	<b>21</b> 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Bridge 	<b>22</b> 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 10-2 Chair Massage Call 508-693-2896 for appointment!	<b>23</b>
<b>24</b>	<b>25</b> <b>Memorial Day Office Closed</b> 	<b>26</b> 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking *NEW* 1:00-2:00 MELT *NEW 3:00-4:00 Dance Free	<b>27</b> 8:15 Balletics 10:30 Book Group Fin and Lady by Cathleen Schine 1:00 Mah Jong	<b>28</b> 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Bridge	<b>29</b> 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	<b>30</b>
<b>31</b>	*Public Health Nurse: Drop in OR call Laura Murphy RN for apt.1-508-957-7660 * MELT workshop:Space is limited, call to sign up in advance508-693-2896 *Contract Bridge: Call Adriana 508-645-2637 *Better Business Bureau Presents: Scams, Fraud, and Identity Theft.					



## Other Ongoing Services:

Outreach

Fuel Assistance

SNAP (formerly known as Food Stamps)

Government Surplus Food Distribution

Notary Services

SHINE (insurance specialist)

File of Life

Telephone Reassurance Calls

Durable Medical Equipment

Lifeline and Be Safer At Home



## Upcoming Events:

Felix Neck and the Audubon Society  
Presents: Birds of Prey on Martha's  
Vineyard. June 29<sup>th</sup> 2-3PM

"Beautiful- the Carole King Musical" at the  
Providence Performing Arts Center  
September 20<sup>th</sup>